

Dumplings Create Little
Packages of Flavor

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Enjoy Great Meals with
Leafy Green Kale

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Discover the
"Good" Fats

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Game Day Snacks
That Will Win a Crowd

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fresh

SWEET TREAT
Delightfully light
chocolate truffles
p. 10

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I took this photo of my nine-month-old son, Ryan, reading your magazine during a shopping trip to the Derry, N.H., Hartford. At the time, I sent it out to family members, telling them how much fun Ryan was having shopping at Hartford with his dad. He has accompanied me on many shopping trips and always flips through your magazine to see what catches his eye. I thought that you would enjoy this photo as much as I did.

11/11/2011



































[illegible]

Q I have swelling and tingling in my toes, as you first suggested. My doctor has had type 2 diabetes for more than 30 years, which has caused many health problems for him. I've become more proactive with my own health and have started eating foods on the opposite of sugar I consume. With the chronic diabetes has increased the past few years due to the number of diagnosed cases increasing dramatically I was wondering why you don't include the sugar curve in the nutritional analysis of your recipes. Thank you.

Figure 1

Table 1

A Sugars are measured not by carbohydrate content as nutritional analysis. The problem with comparing sugars separately from carbs is that an increasingly large label is not yet required to list added sugar — only sugar content would indicate natural sugar plus added sugar — and diabetes is most concerned about added sugar. In-carb sugars implicate a second, far stronger, impetus to calculate how much sugar is in a recipe. Because that must only be a rough guess, raw sugar content is measured, if a label has:

Week 2 (Nov 1 - April 1)			
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  	Wenwen Chen's Publications Crossref	
  	Sushant Singh's Publications Crossref	



Figure 1

Along with the (revised) statement on religious beliefs and guidelines regarding religious participation, all participants were told the results of all three



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CHILL CHASERS ISSUE

Healthy, hearty, and delicious—there's no better way to warm up winter than a satisfying meal shared with family and friends.

22 SOUPED UP GUMPLINGS
Hearty dumplings create a cozy meal.
By Rachel Lyne

28 A GLOBAL VALENTINE
Critters, the occasion with character: wine from around the world.
By Claudia M. Canavese

34 SPOTLIGHT ON KALE
The versatile vegetable delivers a super-nutrition and deliciously versatile.
Sara In Jan, Deborah, and Emily Weston-Meyers

ON THE COVER: Delightful Charitable Mutties. See page 18 for the recipe.
Photograph by Mark Ford.

in every issue

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More fun, better deals for better holiday cooking, entertaining, decorating, decorating, entertaining, playing, following, being, and sharing.
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Try a lighter take on that same old chicken, vegetable, or pasta.
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Our feature for you gets day in and out with your favorite list.
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Taste of the season's® often only offer a world of flavor.

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For the
perfect recipe

for the
perfect recipe

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something's brewing

We all know about tea in the cup, but what about its cooking? Brewed tea and some tea leaves have become a kitchen ingredient. Here are a few ways to cook with tea that you haven't for usual recipe.

- Smoking food with tea is a time-honored Chinese technique. If you use a smoker, add dried tea leaves as an aromatizer.
- Cooked tea adds panache to spicy rubs. Mix it with red or pepper salt, five-spice powder, and ground ginger and use on chicken or pork before grilling.
- Lightly stir-fry flat fish fillets with ginger and sugar, or stir-fry mushrooms and beef with a little or pan-sear cattle.
- Try roasting. Pyrexia of Water tea is a spicy herbal wine brewed with Asian herbs and dried tea leaves.
- Tea makes a tasty addition to vinaigrettes and marinades. Try substituting for some or all of the vinegar in Asian-style recipes.
- For do-it-yourself chef: steep black tea with cardamom, cloves, cardamom, ginger, nutmeg, and honey; strain, add milk, and treat to a dinner.

FOR THE HEALTH OF YOUR HEART

The polyphenol antioxidants in tea are believed to contribute to cardiovascular health. Many foods also have compounds that help protect your heart. Besides tea, some of the top heart-healthy foods include:

- Salmon, which is rich in omega-3 fatty acids.
- Oatmeal and other whole grains, which contain a hefty dose of soluble fiber.
- Dark berries, including blueberries, which have flavonoids that help protect against heart disease.
- Fish oils, which can also help protect against heart disease.
- Yogurt, which has cultures that may protect against heart disease.
- Nuts, such as almonds, which contain monounsaturated fats.
- Sesame seeds, flaxseeds, and sunflower seeds, which are good sources of essential fatty acids necessary for proper heart and cholesterol metabolism.

ups for tea

With the antioxidant properties of tea, it's no wonder tea is getting a lot of attention. But tea is also a source of polyphenols, which are antioxidants. Polyphenols are found in many foods, including tea, and they help protect your heart. Polyphenols are also found in many other foods, including tea, and they help protect your heart. Polyphenols are also found in many other foods, including tea, and they help protect your heart. Polyphenols are also found in many other foods, including tea, and they help protect your heart.



For more information, visit www.heart.org.



THIS SANDWICH WITH FRIED EGG, CARROT, AND CUCUMBER IS A GOOD SOURCE OF FIBER.

take the cake

professional tips for easy and impressive desserts

by Lisa Gidycz

YOU DON'T HAVE to be a professional pastry chef to create a party-worthy holiday cake. Tim Kugel, a bakery manager in Los Angeles, Alton Brown offers up four crafting a perfect centerpiece.

SOFT CAKE Right along with cake, soft icing, too, says royal food sponge. "Or rather, cake needs a thin glaze or fluffy whipped cream. Choose a flavor, rather cake like pound, apart, to center for buttercream-like bidge to cream cheese.

KEEP CAKE MOIST with simple syrup. A 50/50 mix of sugar and water heated until the sugar is melted, then cooled makes a simple syrup that can be brushed between cake layers to prevent them from becoming dry. If you like your cakehouse with an extra touch of sugar, then brush it on each layer before you frost it.

PREPARE TOOLS make the job easy. To achieve easy results, shop the typical baker and use tools like a fine spreader, piping bags with silver nozzles and wire ups, and pastry bag couplers, all available at our stores.

KEEP THAT LILLY in its place. When making a layer cake, pipe a ring of frosting around the outer to hold the filling in. This way a pie or cream filling will stay in the center, not spreading out.

DON'T SCUT THE MIXER. Most ingredients can be designed with decorations. If you get creative on your ring, center them with flowers or writing on top. (Today in chocolate crumbs, tell your guests that it's your special occasion in cream cheese).

TOP IT OFF. For added beauty, use a cake topper to do one, the top of your cake. Finely chopped nuts are the cake and garnish.





PET PAPER TREATS

Why spend your first birthday on a pet when the party's here? A handful of treats and bags that make pet birthdays fun for the happy humans and the family.

- Celebrate Purina's 100th birthday with the 100th bag.
- Celebrate Purina's 100th birthday with the 100th bag.
- Celebrate Purina's 100th birthday with the 100th bag.
- Celebrate Purina's 100th birthday with the 100th bag.

Q&A

Erin Stout

www.azcentral.com/ErinStout

Staying healthy can be especially difficult during the winter months. We asked University of Arizona's Pharmacy Administration Program Manager to fill us in on the flu shot, and to share a few signs of getting off winter blues — and on coping if they do strike. — Christine Schaefer

You heard there are different kinds of flu vaccines. How do you know which one to get?

There are several ways to receive the flu vaccine. There is the traditional intramuscular shot we are all familiar with, as well as a nasal spray vaccine. Individuals younger than 65 may also be given a nasal flu vaccine since a recent flu vaccine shortage. A few nasal sprays are also available, but they are limited in availability. The nasal spray vaccine is not for the individual with a weakened immune system and delivery of the vaccine between the membranes of the nose is more difficult for older adults.

Is it necessary for healthy adults to get vaccinated?
There are great benefits to getting vaccinated. For many other diseases, when you get vaccinated, you have a high level of protection. For the flu, you have a lower level of protection. It is not a vaccine, it is a vaccine. It is for certain individuals, such as the elderly and young children, and by getting the vaccine, you are protecting others.

Flu shots are now available.

See pharmacy for details.



To read the full story, visit www.azcentral.com/nationalsun

business professionals to implement it. Some about 10,000 years ago, supposedly when a giant earthquake caused a lot of survivors to migrate to present-day Mexico and build a number of large pyramid cities, and this activity was mostly sponsored by the ruling elite. But the thing that I find really interesting is that the ruling - and the government, in a cultural sense of the word - probably had a great deal of control over what the elites did. And that's what the two public buildings represent: what the elites wanted to do as an expression of their political ideas and other economic activities that provide information and information and what was available.

[illegible]



fan fare

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five things to love about winter

snow piling up in the driveway - again? don't let winter get you down. instead, consider the health benefits of some of these seasonal staples.

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26



TEST DRIVE

canned chicken noodle soup – our reader panel reports

by Erin Graham

Chicken noodle soup is a fall weather classic, a family-friendly comfort food that's also the go-to home remedy for fluers. Staff's noses sniff the pots and either swoon over hugs that not everyone has the time to make soup from scratch (our panelists found a few different premade varieties to see which ones are the most "home-do").

“The *Hormel®* soup had the most ‘homemade’ feel to it.”
— STACEY HELLER



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Campbell's Healthy
Request Chicken
with Whole Grain
Noodle



Progresso Light
Chicken Noodle



amy's homeStyle®
Chicken Noodle
Condensed Soup

OUR LINGER PANEL



STACEY HELLER
Carroll, N.J.

The *Hormel®* soup definitely had the most “homemade” feel to it. It was slightly salty but not too much so I mean I packed with onion. And it had a really tasty taste.



JENNIFER ROSS
Greenland, N.H.

The Campbell's Lighted and Requested the homestyle with a good ratio of noodles to vegetables. I love the meat chicken chicken in the soup. I drink and they weren't dry or rubbery.



KRISTEN ROSTOM
Lumbar, Mass.

The Progresso tasted surprisingly good with great little chicken texture and noodles. In particular, I have two daughters and both enjoyed this soup.



ARIANAGETH
SALABY

Salem, N.Y.
There was a good amount of noodles in the soup. I was a fan of the “homemade” soup, and with the delicious vegetables, my daughter didn't fight with me about eating it.

eco-friendly ideas
for parents and
babies

These days, eco is hot and green is cool. So when shopping for parents and kids, more of us are considering environmentally sound options. Some of our favorites:



Pigeon Brand
Organic Carrot,
Spinach and
Apple Puree



Auntie Cardie
Cleanly
Foam Bath



Happy Baby
Organic Oatmeal
Puffs



Seventh
Generation
Baby
Shampoo & Wash



Apple a day keeps the doctor away. And so does a real toothbrush. *By Susan G. Komen*

cooking champions

associations come together in a civil coalition.

[illegible]

Two plantings
Horseshoe
Established in
Apparent
Children's
The two plantings
from the
The two plantings
from the
The two plantings
from the

Referring Share administrators are allowed to use the AET suggested Holding a Club Card (CC) on a special event held in November 2011.



the 20th
Century. Off was a
great success,
with 21 editions
across the

United States. From judges, new firm Harcourt Company (Chicago, Ill., and St. Paul, Minn.)

Went to Big and Dismal and Inappropriate, one of the most. The ACT is a measure and more, and is the standard.

Others were pleased with the outcome of the work of the

they're planning to build a second one.

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

[illegible]

These spaces, mostly empty, still took first place in the club category in the Dutch CEN survey with continued to rate it almost as the worst space. It can't mean the federal road was so bad.

- [illegible]

1. *Journal of Management Education*, 31(1), 10-20.
 2. *Journal of Management Education*, 31(1), 21-30.

to less 12 cups per inch oil
over medium-high heat. Add
Larders, bread and butter on
all sides about 3 minutes.
Add sausage and meat loaf,
cooked through and crumbly.
Add potatoes and meat loaf
rolls and sauté about
3 minutes.

canine and mixed support
the well. Cerebral modern
long, narrow and the about 2
hour, moving frequently three
to three, parallel with very
small in terms of 1000.

These data demonstrate that the proposed changes will also affect the number of people who are able to work in the service sector.

[illegible]

Barbara Allen *Administrative Coordinator*
Greg Warden *Department Manager*
Regina Warden *VP of Public*
John Chausse *Training Coordinator*
Barbara Kennedy *Customer Support*
Brian Haggard *Marketing Director*
Michael Joseph Warden *Assistant*
Ray Moore *Business Location Manager*



Don't believe what you hear about... Just go get the facts! For everything, see Congress's Agenda-Committee Handbook, at www.congress.gov

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*The soft spread tubs shown contain 4.2 to 5.2 ounces (1g to 1.5g fat), 1.5g to 2g saturated fat, and 0g trans fat per serving. Butter contains 8g saturated fat per serving. The butter sticks shown contain 4.2 to 5.2 ounces (1g to 1.5g fat), 1.5g to 2g saturated fat, and 0g trans fat per serving. These stick spreads are a good option when used as a replacement for butter in cooking applications that require the soft spread.

ask the healthy cook: eating for brain health

by Mary Lambert, RD, LD



Everyone knows that healthy eating can help your body feel old, but does it feel

It can help your mind feel better, too.

With good nutrition, you can enhance and improve cognitive function and concentration.

How does food relate to brain health?

The foods we eat have an impact on the brain just as they have on the rest of the organs in our body. First studies can impact overall health, including mental health. According to the

High Omega-3 and B Vitamins may help protect the brain from the damage caused by free radicals

Alzheimer's Association, current research suggests that "a brain healthy diet is one that reduces the risk of heart disease and diabetes, encourages good blood flow in the brain, and is low in saturated and trans fats and cholesterol."

Do any particular foods help improve memory?

Colorful fruits and veggies are rich in antioxidants, fighting free radicals, and promoting brain



sweet perfection

Whether you're conceding a sweetie to kids for Valentine's Day or just sharing your family with fresh, full strawberries on a family morning, getting great results is easy with our Home 360™ Cordless Thermometer. With a temperature range that goes up to 400°F, it can handle just about any cooking task. This gauge includes a protective sheath and easy 90° pivot.

Health. Berries are delicious, delicious—sometimes referred to as "brain berries" for their potent antioxidant properties—may help protect the brain from the damage caused by free radicals and therefore decrease the effects of age-related memory conditions. The Mayo Clinic's Association also recommends dark-colored fruits and vegetables like apples, raisins, and raspberries. It's also important to get enough sleep (3-5 hrs. don't sleep less than 7 hrs) and eat a diet that's low in saturated fat and cholesterol.

Are supplements a good idea?

There are many supplements on the market that promise to improve memory, including those with choline, L-carnitine, and L-tyrosine. But most studies have found no real evidence that these supplements work. While we wait for supplements to be proven beneficial, let's see if we can do any personal health issues that may be negatively affected by consumption of high-dose of these nutrients. And, of course, talk to a doctor if you decide before taking any supplements.

a produce superstar: berries

berries — blueberries, raspberries, strawberries — don't just make for great eatables. They're also among the most potent cancer-fighting foods, proven effective at reducing risk for tumors, colon cancer, and a precancerous condition known as Barrett's esophagus. Berries are rich in vitamins A, C, and E and help aid in weight reduction and polyphenols. Berries are just as beneficial as fresh and may be more readily available during the winter months. Experts suggest eating berries at least a few times a week, and the way to do this is to get in morning smoothies, on top of yogurt or cereal or in salads, or use for a quick and healthy dessert.



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Souped Up Dumplings

By MONICA LYNN • <http://www.cookinglight.com>

nothing warms winter like a bowl of soup. And including dumplings can add hearty substance to that bowl as well.

When packed with herbs and spices, dumplings offer a splash of flavor to our recipes. Several serve size feature and taste to the Fish Soup with Pottery Dumplings. Add-on soup: Infuses tomatoes into Chicken-Tomato Soup with Cornmeal Dumplings, and herbs perk up both the Chicken Paprikash Soup with Cream and Chive Dumplings and the Pork-Tomato Soup with Potato Dumplings.



THESE ARE THE RESULTS

Living a week in the woods on light dumplings made from potatoes, parsnips, bean past and olive oil is a task. If you have time, the chef takes over, broils the next day. Save the soup and dumplings on separate nights, convenient for up to 3 days. (Soups may be heated and soup and dumplings may be frozen.)

Abstract

- i) eggs - raised potatoes, peeled and cut into thick plates
- ii) egg yolks - sodium chloride brine
- iii) egg whites - sodium chloride brine
- iv) eggs
- v) egg salt in the brine
- vi) egg white solution

1. *How many people are involved in the project?*

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

1. Tear inside oil
2. green bell peppers: finely sliced
1. large yellow onion: finely sliced
- 1/4 cup: oil, oil to taste
- 1/4 cup: tomato ground black pepper
- 1/4 cup: ground coriander
- 1/4 cup: pork tenderloin cut into 1 inch pieces
- 1/4 cup: scallions: finely sliced
- 3 eggs: whisked and use as chicken marinade
- 1 cup: chopped cilantro leaves: optional garnish
- 1 cup: shredded cheddar cheese: optional garnish
- 1/2 cup: sour cream: optional garnish

8. Steam the dumplings: Add prawns to a large pot and cover with 1 inch of water. Bring to a boil over high heat. Cook until

2. When the potatoes are cooked, drain them well. Add the meat, onion, and tomato to the potatoes. Mix well. Season with salt and pepper. Cook for 10 minutes. Serve hot.

4. While soup simmers, finish preparing the dumplings. Stir broths into potatons then mix in soft-boiled eggs, salt, garlic powder and pepper. Add them and mix just until incorporated.
5. When water for dumplings comes to a boil, make dumplings using 1 teaspoon — one to wrap the dough — and the others to push the dough into the boiling water. Dumplings should be about the size of a golf ball — you should be able to make 18- or 22. Reduce heat to medium so water is at a rolling boil, cover and make dumplings for 10 minutes. Do not overcrowd cook to number of needed. Dumplings are ready when they have risen, floated to the top and are slightly firm to the touch. Cut one in half — the center should be cooked through, not dense and doughy.
6. When dumplings are finished, remove pot from heat and use a slotted spoon to scoop dumplings using 5 bowls. Ladle soup into the bowls. I showed some dumplings arounds — chicken and yogurt, in bowls on the table.

1. **Administrative** - This is the most common type of report. It provides information about the organization's operations, such as financial performance, human resources, and marketing.

Andrew Lynn is the author of *The American South: A History*.





a global VALENTINE

BY CLAUDIA M. CARDONA

PHOTOGRAPHS BY MARK TUNN

February 14 is Valentine's Day, widely observed with aimed-to-Cupid—and romance. But the holidays isn't just for couples. In some countries, it's observed as Friendship Day, a concept that's catching on in the United States.

An ideal group celebration for this holiday involves chocolate—inviting friends over to enjoy a buffet of chocolate desserts with an international theme.

Today, chocolate treats appear in many cuisines around the world. But chocolate started out not so sweet. Come home, where first used in bitter drinks in Aztec and Mayan cultures as a part of rituals. On his return trip to Spain in 1492, Christopher Columbus brought some beans back for Queen Isabella and King Ferdinand, and chocolate's popularity spread from there.

Once wags and waxes were raised, not the cracked leaves, the joy of chocolate as we know it was born. By the mid-1600s chocolate drake houses, similar to coffeehouses appeared in London, and confectioners in Europe were experimenting with new treats.

We offer chocolate temptations from traditions around the world. Sacher cake is a traditional Austrian variation on chocolate cake, finished with apricot preserves and topped with a rich ganache frosting. Canadian Nanaimo bars are no-bake treats with a creamy filling sandwiched between layers of chocolate, coconut, and walnuts. Tiramisu, an Italian treat, is a cocoa-soaked cocoa-dusted treat. Infer from Italy, while Chocolate-Cherry Rugglach are an interpretation of an Italian European Jewish tradition.

CHOCOLATE-CHERRY RUGELACH

MAKES 32
ACTIVE TIME: 1 HOUR
TOTAL TIME: 3 HOURS (25 MINUTES)

These delicious treats have their roots in the Jewish communities of Eastern Europe. They can be formed into triangles or rounds. May be frozen.

- 2½ cups all-purpose flour, sifted, plus more for rolling
- 1 tsp. ground cinnamon
- 1 cup (2 sticks) unsalted butter, cut in small pieces
- ½ to 1 cup (1 to 2) New York-style cheese, cut in small pieces
- 2 tbsp. plain Greek yogurt
- 2 eggs, separated
- 1 cup cherry preserves, or more as needed
- 1 tsp. vanilla extract
- ½ cup (100 g) sweet chocolate chips (plus 1 egg white for optional ganache)
- 2 tbsp. sugar
- 1 tbsp. unsweetened cocoa powder

1. In a food processor combine flour, cinnamon, butter, New York-style, and yogurt. Alternatively, put ingredients in a bowl and use a fork and hands to blend. Add egg yolk, mixing the egg whites for later. Pulse until the mixture is crumbly. Continue to pulse

Brothers Richard and George Cadbury, 19th-century Englishmen, are responsible for the way many of us enjoy chocolate and Valentine's Day treats today.

until mixture just starts to come together. Divide dough into 4 pieces. Wrap each in plastic and refrigerate at least 1 hour and up to overnight.

2. When ready to assemble, prepare the filling. In a medium bowl, mix together the preserves and vanilla. Set aside.

3. Remove 1 piece of dough at a time from the fridge. On a floured surface, roll dough into a rectangle (3 inches long and 5 to 6 inches wide) dough should be about ¼ inch thick. Spread ¼ cup of the preserves over the surface, leaving ½ inch uncovered around the edges. Sprinkle with ½ cup of the cheese chips. Starting at one long end, roll the dough into a log. Press lightly to seal the end. Wrap the log in plastic wrap and refrigerate for 1 hour. Repeat with remaining dough and filling, re-flouring the work surface as needed.

4. When ready to bake, preheat oven to 375°F. Line 2 baking sheets with parchment paper. Remove logs from fridge and cut each

into 8 pieces. Place 16 pieces on each prepared pan.

5. While logs are in oven, egg whites in a small bowl. Beat each egg white with egg white. In a small bowl, mix together the sugar and corn and sprinkle each party with the mixture. Bake until golden brown, about 12 to 17 minutes. Let cool on pans for 2 to 3 minutes, then remove from pans, dusting any excess pan and let cool to room temperature on a wire rack about 1 hour.

6. If desired, melt ½ cup chocolate chips in a small bowl in the microwave. Transfer to a resealable plastic bag and snip off one corner. Drizzle chocolate on the rugelach in a decorative pattern. Let sit completely about 2 hours.

APPROXIMATE NUTRITIONAL VALUES PER TREAT (16 CALORIES, 10G CARBOHYDRATE, 2 G FAT, 0.5G PROTEIN, 0G FAT 2G SODIUM, 15MG CHOLESTEROL, 1MG SUGAR, 14 10 CALORIES)



THE BAKER'S APPRENTICE

The original Sacher torte is said to have been created in Vienna by a 19-year-old baker's apprentice for Prince Wenzel Metternich. The prince remarked that his baker made an original dessert it impressed his guests. The problem? The baker was 18, so the task was left to young Franz Sacher. He created the now-famous chocolate cake with a layer of apricot preserves, covered with a dark chocolate glaze.

SACHER TORTE

SERVES 10

ACTIVE TIME: 1 HOUR
TOTAL TIME: 4 HOURS 15 MINUTES
RECIPE SOURCE: LINDT TASTE

A popular like glass makes the sacher and chocolate cake, which originated in Vienna, literally "traditionally" because you use the word "sacher" on the letter "S" on the top — of course, "sacher" means a small amount of glass to do the same. May be funny.

Glass

- 1 egg, separated
- 1/2 cup sugar, divided
- 1 egg (2) whole, cracked but not in glass (if room temperature)
- 1/2 cup (1/2) brown sugar, divided
- 1/2 cup all-purpose flour, sifted
- 1/2 cup (1/2) cream, optional, preserved, stirred and beaten slightly
- Whipped cream, optional garnish

Sacher Glass

- 1 egg, heavy cream
- 1/2 cup (1/2) brown sugar, finely chopped
- 1/2 cup (1/2) brown sugar

1. Prepare the cake. Preheat oven to 375°F.

Preheat oven to 375°F. Spray 2 10-inch round cake pans with vegetable cooking spray; then line bottoms with parchment paper and spray the paper. Place in the pans.

2. In a large bowl, beat the egg whites with an electric mixer on medium-high speed until stiff peaks begin to form. Slowly add 1/4 cup of the sugar while beating until stiff peaks form. Set aside.

3. In a separate large bowl, beat an electric mixer on medium-high speed cream butter and remaining 1/4 cup sugar until smooth about 1 minute. Add egg yolk 1 at a time, beating after each one. Beat in the sifted chocolate and beat until smooth. Add the flour and mix on low speed just until incorporated. The mixture will be like wet cookie dough.

4. Fold about 1/4 of the reserved egg whites into the chocolate mixture until lightened. Gently fold in remaining egg whites just

until mixed. Divide the batter between the 2 prepared pans. Bake until the cake surface springs back when touched gently and a toothpick inserted into the center comes out clean, about 18 to 22 minutes. Be careful not to overbake. Cool cakes completely in the pans on wire racks about 1 hour.

5. Invert cakes then invert. If tops are domed, use a knife to gently cut away the domes and make a flat surface on each layer. Remove the excess sides for another use or discard. Place one layer on side up on a serving plate. Push pieces of waxed or parchment paper around the edge of the layer to catch cream glass.

6. Place about 1/2 cup of the preserves on the top of the layer and spread to the edge. Place the second layer one side down on top of the first layer. Spread remaining preserves on the top and sides of the cake.

7. Prepare the sacher glass. In a medium saucepan, heat cream over low heat until hot to the touch. Add the chopped chocolate and confectioners' sugar and stir until chocolate has melted and mixture is smooth. Let cool 7 minutes, then pour over surface of the cake, spreading down the sides. If using glass pools in the bottom, use a brush to sweep it up and add to the glass on the sides. Let set a few minutes, then remove paper.

8. Let cool at room temperature until glass is set, about 1 hour, then refrigerate until glass is firm. Serve chilled or at room temperature, topped with a dollop of whipped cream if desired.

RECIPE SOURCE: LINDT TASTE
RECIPE SOURCE: LINDT TASTE
RECIPE SOURCE: LINDT TASTE
RECIPE SOURCE: LINDT TASTE



MARIANO BARS

MAKES 1 DOZEN

ACTIVE TIME: 1 HOUR

TOTAL TIME: 4 HOURS (INCLUDING CHILLING TIME)

These *Mariano Bars* combine a reverence for Spanish Colonial-era (or, maybe, 1940s) hot creaming (see *divorcio*, no-bake treat) — two layers of chocolate separated by a layer of creamy filling. The bars were named for Our town's *Mariano*, a popular stop for folks making the leap between Mazatlan, B.C., and nearby Tijuana Island. Recipe may be halved (use a smaller pan) and may be frozen.



WINE SUGGESTIONS

The coffee and dark chocolate notes of *Miguelito Black Reddipin Style Mocha* make an intriguing match for the chocolate and cream combination that is *Mariano Bars*. For a rich and refined selection, look for selections with *Wine's Kings Twenty Port*, which balances fruit aromas and low sweetness (born of oak oak aging). Sweet and lush on the palate, *Blackfield Cellars Cream Sherry* goes well with the cream and vanilla flavors of the *Mariano Bars*. And *Regis Ltd. Richard Winery*, with its rich cream and vanilla notes, is a match for the *Chocolate Cherry Mocha*.

Bottom Layer

- 1 cup (2 sticks) unsalted butter, at room temperature
- 1 cup sugar
- 1 tsp. vanilla extract
- 2 cups granola clusters, crushed
- 1 cup sweet (semi-sweetened) coconut
- 1 cup finely chopped walnuts
- 20, bit-size chocolate chips and chocolate chips

Middle Layer

- 1 cup unsalted butter
- 1 cup confectioners' sugar, sifted

Top Layer

- 1/2 lb. (2 cups) unsalted butter, finely chopped
- 1 cup unsalted butter

1. Coat the bottom and sides of a 9 by 13-inch pan with oil. Spray with vegetable cooking spray.
2. Prepare the bottom layer: In a large bowl cream the butter, sugar, and vanilla with a electric mixer on medium-high speed. Add granola, coffee, coconut, walnuts, and chocolate and mix well. Mixture will be crumbly. Add the melted chocolate and mix well to distribute.
3. Spread the mixture in the pan, pressing on from a solid layer. Chill the dish in the freezer while preparing the next layer.
4. Prepare the middle layer: In a large bowl cream together the butter, confectioners' sugar, and vanilla, pushing on medium-high and blending to a smooth consistency. Mixing on high speed, add the cream gradually and continue mixing until smooth and fluffy about 1 to 2 minutes.
5. Spread a pea from the freezer and spread filling over the crust layer. Do this gently so the crumbs don't get mixed up in the filling. Refrigerate until set, about 2 hours.
6. When filling is set, prepare the top layer: In the top of a double boiler, melt the chocolate with the butter. Stir until smooth. Let cool a few minutes, then pour over the cream layer, spreading to the corners. Chill for 2 minutes, then lightly warm the chocolate surface into 24 pieces (this will make it easier to slice later). Refrigerate until fully set, about 1 hour.
7. Lift the bars from pan to remove the bars. Cut along the score lines into 24 pieces. Serve chilled or at room temperature.

UNUSUALLY DELICIOUS, THIS IS THE ONE YOU CAN'T STOP EATING. IT'S PERFECT FOR ANY OCCASION — FROM CHOCOLATE, FINE, FINE, FINE, FINE.

Charles M. Gonzalez is the author of *Three of Males*.





Discover why this
leafy green
which has become
a kale celebrity

spotlight on KALE

STORY BY JANE DORRIGHAN, RD, & T. B. WILMSELY MATONE
PHOTOGRAPHS BY MICHAEL FLETCHER

KALE HAS BEEN SETTING LOTS OF RECORDS IN THE past few years. This lively, leafy green has become the darling of the vegetable world: its popularity isn't exactly a secret. It's also one of the most sought for U.S. Farm-to-restaurant ingredients. "It's a superstar, with one farm serving packing more than a day's worth of supplying A and C and a good amount of fiber, minerals, and protein," says an outstanding stand-out at the A Greenford for Food, Culture, and Health.





STABILITY OF THE MODEL

This female tapered vegetation doesn't can be best described as a broad pebble-like structure. Tapered veins originate and mainly hole are tapered between ground broad veins. The pebble is pulled together with a clear grain closer near. Scope may be helped (due to a smaller one).

1. Difficult to determine full or partial susceptibility
- 2a. Top: broadly spread black pigment
- 2b. Top: well to indistinct
- 3a. Top: ground-increasing
- 3b. Edge: white / strongly to weakly blackened
- 4a. Edge: dry white zone
5. Long: narrow

and each ID contains string sequentially
However, here here

MANITOWOC A DIVERSE COMPANY

Hot and Healthy Sandwiches

Updated versions of flavorful favorites make welcome winter meals.

BY AMANDA FARMELTTE PHOTOGRAPHY BY HEATH HORSING

Enjoying a hot sandwich on the snowy, blustery days is a welcome warm-up at lunch or dinner. Classics like sausage and pepper subs and sloppy joes, not to mention eggplant parm and bread-baked sandwiches, satisfy winter appetites, but the traditional hot and healthy Indian versions aren't so good for our waistlines — at least. We didn't want to miss out on enjoying these favorites, so we made some adjustments.

Sloppy joes are traditionally rich in fat, but, plus carbs and sodium in the salty sweet sauce. We've swapped in lean beef and bulgur, a top with fresh-squeezed vinegar, which also adds flavor. If you are grilling beef with a higher fat content, you can still eliminate some of the fat. Simply brown the meat in a separate skillet, pour off the excess fat, and mix the meat with a paper towel. Lots of colorful bell peppers and frozen chicken sausage likewise make a healthier version.

Fats in healthy, also enjoy dehydrated, or long, not so much. By coating fish with crunchy, fatty Japanese panko bread crumbs and cooking in a nonstick skillet sprayed with vegetable cooking spray, we can cut way back on fat but still get the great crunchiness. Similarly, we can transform bread-crumb-laden veggie fish and Tostito Eggplant Parm Sandwiches.

And when it comes to the bread, or rolls for the sandwiches, whole-grain versions with a hint of fiber can't hurt, choose them when. If you're short on time, don't fret. These four recipes can all be made in 30 minutes or less.

HOT AND TOASTY EGGPLANT PARM SANDWICHES

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 30 MINUTES



eggplant parm sandwich

Eggplant was less discovered, growing wild in India. Years later in the 16th century, MCII, the Chinese began to cultivate it, and by the 14th century the purple plant, known as wuy se-lu, while it's rich in vitamins and antioxidants, eggplant parm often gets a bad reputation because it's usually breaded and fried. Our version boosts the health factor a few notches. May be better.

- 1) top whole whole wheat flour
- 2) top sliced eggplant
- 3) top sliced beef
- 4) top freshly ground black pepper
- 5) top white
- 6) top Italian seasoned bread crumbs
- 7) medium eggplant



ASK THE BUTCHER

Q: Is the best ground beef the best choice?

A: It depends on what you're cooking. For

meatballs, for example, I'd go with 80 percent lean beef, and you can go with 90 percent lean for meatloaf. For meat and cheese, I'd go with 80 percent lean beef. If you're cooking ground beef in a skillet, you want a 70 percent lean beef. If you're cooking ground beef in a slow cooker, you want a 70 percent lean beef.



SAUSAGE AND PEPPER SUBS

SERVES 4
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 30 MINUTES

This healthy alternative to the traditional sausage and pepper sub calls for lean Italian chicken sausage, fresh peppers, onions, and garlic along with toasted whole-wheat rolls. You can also use turkey hotlinks. For a more colorful presentation, include red, yellow, and green bell peppers. Sausage may be halved and any fat drained.

- 1 large white onion
- 2 medium bell peppers, preferably different colors
- 1/2 cup freshly ground black pepper or 1/4 cup

- 1/2 cup dried rosemary or 1/4 cup
- 20-oz. pkg. ground spicy Italian chicken sausage
- 1/2 cup wheat hot dogs (optional)
- 1/2 cup olive oil

1. Spray a large skillet with vegetable cooking spray until well coated. Heat over medium-high heat.
2. Cut onion in half, place cut side down, and chop slice. Add to skillet and cook until it begins to soften about 3 minutes.
3. Cut bell peppers in half lengthwise, chop slice, and add to the onion. Sprinkle black pepper and rosemary over the vegetables. Cook for 3 more minutes.
4. Slice the top of each sausage with a knife lengthwise, then cut each one widthwise into 4 equal pieces. Add to the skillet with the vegetables. Cook for 10 minutes, rotating the



good and healthy

Bell peppers are rich in vitamin C, with more than twice the amount found in an average orange. Bell peppers are also an excellent source of vitamin A.

5. sausage pieces in quarter turns every five minutes. Vegetables should be fully tender.
6. While sausage cooks, slice the buns. Spread 1 side of each toasted bun with tomato.
7. To assemble, divide the sausage pieces among the rolls. Divide the pepper and onion mixture among the rolls and serve.

APPROXIMATE NUTRITION VALUES PER SERVING:
 200 CALORIES, 24g CARBOHYDRATE, 16g PROTEIN,
 10g FAT, 11g FIBER, 10g CHOLESTEROL,
 10mg VITAMIN A, 15 mg VITAMIN C

1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 26

These are the standard methods I would expect to find in the following packages:



1111

Proponents of the drug class of benzodiazepines, in clinical trials, saw no signs of abuse, dependence, and withdrawal symptoms. But in the general population, the drug was found to be abused and withdrawal symptoms to

1000

chicken or turkey is necessary for blood chilling and faster health. Use less volume. Stir into soup or stew and eat it hot. Don't eat butter. Avoid all oil, salad, creamers and oils.



100

• **Stressbewusstsein**
 • **Stressmanagement**
 • **Stressbewältigung**
 • **Stressprävention**



1.28 is **pH-8.8**. Trypsinizing cultures before adding serum again undergrowth and coming in place of serum. Effects of drugs and antibodies have been shown.

Abstract

Kid's recipe uses all 5 ingredients: mineral, a compound salt, and minerals y people don't believe are essential vegetables, yes or no? Kid's recipe and diet with better to a kid's diet.



1000

A source of stress may also be that you feel that you are a single parent, coping on your own without any support.



100

Loaded with this, a vegetable that may improve brain functioning, lettuce and mushroom, this pizza is a great idea.



1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

Figure 6

100% 90% 80% 70% 60% 50% 40% 30% 20% 10% 0%

Abstract

Thus, roll on linoleum. It is more laboriously made usually made with linseed oil, and requires for a successful application, lightly heating the surface before rolling linoleum on its rubber underlay. Pineapples and golden raspberries offer promise and prove themselves, respectively.

- [illegible]

18. *How much time do you spend on this activity?*

- 2 Heat a medium sauté pan over medium heat. Add sprouts and water, stirring the pan occasionally until sprouts are slightly browned about 3 to 5 minutes. Add bean sprouts to a bowl, reduce heat to medium low and chicken covered. Add sprouts to bowl and liquid to stockpot; about 10 to 15 minutes. Remove from heat; let stand 5 minutes, then fill with a little broth to a large serving bowl.
- 2 While sprouts cook, prepare dressing, in a small bowl, whisk oil, lemon juice, garlic, salt, black pepper and red pepper flakes.
- 2 Heat a small skillet over medium heat. Add mushrooms and onion, cook sprouts until slightly browned, stirring the pan regularly about 5 minutes. Remove from heat.
- 4 Add tomatoes, cauliflower, parsley, meat, sautéed, and return to the sprouts and onion to cook for 10 to 15 minutes. Add dressing and mix well. Garnish with bean sprouts, mushrooms and onion.

APPROXIMATE SCHEDULED DATES FOR PRESENTING
SCHEDULED FOR CONSIDERATION FOR PROPOSAL
AND FOR THE SUBMISSION OF PROPOSALS,
PLEASE CONTACT THE BUREAU OF

Abstract

In fact, back with a new bracelet while watching the big game. Get things going at the first quarter by naming well-oiled **Haward Adams Bonder-Lynn**, a mainline **CMHC**, with **Danish Black Bear Gaudin** here to be a new favorite CMG player. **Bruce Adams Whipple Hilde** with birds and trees, pairs well with our Tropical Queen and **Sue Bratton**. **Mattie Susan Shilling** brought with it a clean, unapologetic love for **Bass Lombardi Island Leger**.

Abstract

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[illegible][illegible]

These spicy shrimp are delicious as they are, but feel free to offer guests additional sauce and lemon wedges — the pair can help balance the heat. Shrimp can be prepared up to 4 hours in advance and refrigerated and 15 minutes before baking. Skirtes may be halved and may be frozen.

- [illegible]

1. Preheat oven to 425°F. Spray a 9-by-13-inch pan with vegetable cooking spray.
2. In medium bowl, whisk together oil, heavy cream, ginger and pepper flakes. Pour it over the cauliflower and toss to coat.
3. Toss 1/2 of the greens for garnish. Add the rest of the sliced cauliflower to the mixture. Whisk well to combine; then add shrimp and toss to coat.
4. Place shrimp in a single layer in prepared pan. Bake for 18 minutes; until shrimp are cooked through.
5. Transfer shrimp to a serving plate, with cauliflower on the side. Sprinkle with reserved cauliflower greens. If desired, serve with roasted sweet corn in a small bowl for dipping. Wash berries with water on the side. Shrimp can be served hot or warm.

APPROXIMATELY 100,000 TONS OF THE MINERAL
IS IN COUNTRIES THAT CONSUME THE MINERAL
IN THE TWO INDUSTRIALIZED COUNTRIES.
OTHER COUNTRIES IN THE





CREATE AN ALL-STAR SALSA BAR

For a great variety of salsas, sample the selection of our unique Taste of Inspiration® and Nature's Place® salsas. Serve with an assortment of Nature's Place® lime, white, or yellow corn tortilla chips, then get some salsas to take!

- Nature's Place® Organic Salsa (Salsa Medianoche or Hot)
- Nature's Place® Organic Chipotle Salsa
- Taste of Inspiration® Black Bean Salsa
- Taste of Inspiration® Corn & Chili Salsa
- Taste of Inspiration® Mango Lime Salsa
- Taste of Inspiration® Peach Salsa
- Taste of Inspiration® Raspberry Lime Salsa

2. Combine ½ cup of the salsa with lemon juice, orange juice, lime juice, and oil in a food processor or blender. Blend until mixture is smooth. Pour over chicken and cook well to coat all the pieces. Cook bowl with plastic wrap and refrigerate at least 2 hours or overnight.

3. When ready to bake the chicken, preheat oven to 400°F. Line a baking sheet with foil and spray with vegetable cooking spray. Transfer marinated chicken to the baking sheet and sprinkle with pepper. Bake until chicken is cooked through, about 40 minutes.

4. Preheat broiler and broil chicken for 5 minutes on each side until slightly charred and crispy.

5. While chicken broils, place remaining ½ cup salsa in a medium bowl. Add red-onion rings and add to the salsa, stirring to distribute.

6. Transfer chicken to serving platter and serve hot with mango salsa on the side.

APPROXIMATE NUTRITIONAL INFORMATION PER SERVING (2 CHICKEN BREASTS, 100 CALORIES EACH): 200 CALORIES, 14g CARBOHYDRATE, 10g PROTEIN, 10g FAT, 1g FC, 1g SATURATED FAT, 0g TRANSFAT, 0g SODIUM, 0g FIBER. ■

GO-ALHEAD ENTERTAINING TIPS

■ Chop the vegetables, beans, and/or rice the day before. Cover separately and refrigerate.

■ Set the buffet table one to two days prior to the party. Make your buffet and course one to two months ahead, cover well, and refrigerate.

1. Toss Taste of Inspiration® Chicken

Black Pepper Cilantro Salsa

2. Top broiled chicken with mango

3. Top mango

4. Remove the skin from the chicken and discard. Place chicken in a large, non-ferrous bowl (e.g., glass, plastic, or stainless steel)

TROPICAL SWEET AND SOUR CHICKEN

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 1 HOUR 45 MIN

(INCLUDES MARINATE AND TIME)

The chicken marinates through in a few hours for delicious appetizer. Marinate overnight for maximum flavor. Recipe may be halved and top be frozen.

1/2 cup Nature's Place® all Natural Chicken Seasoning

1/4 cup Taste of Inspiration® Mango Lime Salsa (chicken)

1/2 cup fresh mango juice

1/2 cup mango salsa

2 cups Nature's Place® Organic Chicken

EVERYDAY INDULGENCE



Flavorful, Versatile Olive Oil

A favorite of your favorite Italian restaurants, our olive oil can transform everyday ingredients into something special. Try it over roasted veggies, use it alone as an aromatic dressing, drizzle it over Risotto alla Milanese[®], add it to risotto or create a delicious vinaigrette with Balsamic Vinegar of Modena[®]. Buttermilk Glaze. Our olive oils are produced on family-owned estates, where the olives are hand-picked and pressed within hours of harvest, giving you the purest olive oil. It's the only olive oil that's quality sealed in every bottle. Like our Balsamic Vinegar of Modena[®], our olive oils are bottled with more antioxidants than other olive oils.



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SPAIN

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CALIFORNIA

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**THE MOST DARING PEANUT BUTTER
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granola and nuts. A creamy and crunchy combination.**

FIND COUPON SAVINGS IN MAY OR JUNE 2012